



February 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>www.cedarhursthome.ca</p>	<p><i>Timing and length of activities are driven by residents' interest and engagement.</i></p>					<p>1</p> <p>Good Mornings Stretch and Flex Knitting Reading Group Trivia Time</p>
<p>2</p> <p>Table Games Sit and Be Fit Crosswords Puzzles Chromotherapy 4:00 Entertainment</p>	<p>3</p> <p>Greetings Tai Chi Cranium Crunches Birthday Celebration Entertainment with Joe</p>	<p>4</p> <p>Morning Visits Hot Seat Fitness with Dennis Art with Mackenzie Shuffle Board</p>	<p>5</p> <p>Good Mornings Cranium Crunches Scoops and Games Bingo Time Happy Hour</p>	<p>6</p> <p>Morning Greetings Discussion Group Fitness with Dennis Wheel of Fortune Wind it Down</p>	<p>7</p> <p>Good Mornings Yoga with Sally Falling for Niagara Falls Table Games Dance it Out</p>	<p>8</p> <p>Table Topics Stretch and Flex Price is Right Dominoes and Coloring Bean Bag Toss</p>
<p>9</p> <p>Greetings Sit and Be Fit Spa Cart Entertainment with James</p>	<p>10</p> <p>Morning News Tai Chi Pawsitively Pets Balloon Tennis Piano with Rebecca</p>	<p>11</p> <p>Morning Greetings Knitting Fitness with Dennis Art with Mackenzie (Valentine's card Making) Shuffle Board</p>	<p>12</p> <p>Good Mornings Sit and Be Fit Poetry with Kirk In the Kitchen Board Games</p>	<p>13</p> <p>Greetings Cranium Crunches Fitness with Dennis Science Experiments 101 Happy Hour</p>	<p>14</p> <p>Good Mornings! Yoga with Sally Price is Right Valentine's Day Party Entertainment Valentine's Day</p>	<p>15</p> <p>Greetings BINGO! Group discussion (Canadian flag- national flag day) Entertainment with Marija</p>
<p>16</p> <p>Table Topics Stretch and Flex Colouring and Dominos What am I? Indoor Golf</p>	<p>17</p> <p>Morning Greetings Tai Chi Game and Puzzle Day Reading Group Entertainment Family Day</p>	<p>18</p> <p>Good Mornings Discussion Group Fitness with Dennis Word Puzzle Ping Pong Toss</p>	<p>19</p> <p>Greetings Sit and Be Fit Reading with Norman Cranium Crunches Wind it Down</p>	<p>20</p> <p>Morning Visits Pet Visits with Jacoby Fitness with Dennis Art with Mackenzie Bean Bag Toss</p>	<p>21</p> <p>Greetings Yoga with Sally Passport to Italy Board Games Trivia Time</p>	<p>22</p> <p>Good Mornings Dance with Mithila BINGO! Dominoes and Coloring Shuffle Board</p>
<p>23</p> <p>Morning Visits Word Scramble Wheel of Fortune Knitting Club Dance it Out</p>	<p>24</p> <p>Greetings Tai Chi Reading Group Black Jack/Card Games Piano with Rebecca</p>	<p>25</p> <p>Greetings Let's Explore New Orleans Fitness with Dennis Mardi Gras Party Entertainment with Jay</p>	<p>26</p> <p>Good Mornings Sit and Be Fit Scoops and Games Discussion Group Shuffle Board</p>	<p>27</p> <p>Morning Greetings Brain Benders Fitness with Dennis Art with Mackenzie Happy Hour</p>	<p>28</p> <p>Greetings Art Museum Excursion Xbox Bowling Spa Cart Creative Writing Wind it Down</p>	<p>29</p> <p>Table Topics Sit and Be Fit All about Leap Years Chromotherapy Trivia Time</p>

